

Daily Word

A UNITY PUBLICATION

JANUARY 1948

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Unity Village

Lee's Summit, Missouri 64063



Class Thoughts

PEACE . . . In the name of the Lord Jesus Christ we pray for and decree a permanent peace, uniting all the nations of the earth in a league of justice and righteousness, in which the life, liberty, and love of God shall be paramount.

PRAYER FOR WORLD LEADERS: Through the Christ mind you are unified in thought, purpose, and understanding for the good of all humanity.

DEC. 20 to JAN. 19

ILLUMINATION (11 a. m.): Let such as love Thee say continually, "The Lord of wisdom be magnified in me."

JAN. 20 to FEB. 19

ILLUMINATION (11 a. m.): The Christ mind guides me. Wisdom lights my way.

PROSPERITY (12 noon): The gifts of Christ enrich my consciousness, and my prosperity is magnified.

PROSPERITY (12 noon): God reveals to me the wealth that is mine as His son.

HEALING (9 p. m.): I am infolded in the "one great Heart that beats for all," and I am healed.

HEALING (9 p. m.): I am born anew in Christ. His Spirit is here with its healing power.

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DAILY WORD

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DAILY LESSONS FOR JANUARY

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To a New Truth Student

MARY MAE OESCH

WELCOME, friend!
A new life lies before you. You have heard the call to "come up higher." You have found the door to wisdom, life, and joy. Proceed through the door with confidence.

Whatever your life has been, now it stretches before you as a glorious adventure. Every day will add to your knowledge of the real you, the divine self of you that is perfect and eternal. Your life shall become richer and more beautiful, it shall take on deeper significance and higher purpose.

If in your study of Truth there are teachings that you cannot comprehend, neither reject them nor strive unduly to agree with them. As you progress in your study the logic of many ideas that you heretofore failed to understand will dawn clearly in your mind.

You need not embrace all of Truth before you can be blessed by it. Practice the Truth you know. Your home and your daily work are natural proving grounds for your new belief.

You will find that the more you know of Truth the more you will want to learn.

Have you already found God as the limitless source of life and vitality? You will also come to know Him as infinite supply, the source of your prosperity.

Have you learned the power of His love to dispel your fears? You will know too the harmonizing power of His love in your personal relations.

Whatever your need or problem, the right solution will be revealed to you as you seek to know the Truth about it.

If you encounter reverses remember that no living soul has found life to be entirely free of difficult experiences. To transform your mind so that your thoughts are continually positive and constructive is not the work of a day but a continual process.

Be patient with yourself. If you take a wrong step do not feel that you have disproved the value of your new way of life or that you are in any way inadequate. Forgive yourself and go your way, secure in the knowledge that God loves you and approves of each new effort you make to live the way of Truth.

God bless you, friend in Truth. We are pilgrims together on the road toward the perfect life, and each one of us, in his own time and in his own way, will fulfill his divine destiny.

Knowing How Is Only the Beginning

ROSALIE WEST

HOW SIMPLE life would be if technical knowledge alone were enough to insure the good performance of an operation.

How does it happen that I carefully follow printed directions, yet my biscuits are as hard as rock? The dress that I cut out according to the pattern looks like a laundry bag? The crocheting that I try to do according to the directions turns out a hard, twisted mass of soiled thread?

In the first place we cannot be sure that we understand directions until we start acting upon them. The instructions that seem so clear and easy to follow at first begin to bristle with snags when we start to act upon them.

And so we come to the secret of skill: practice, repetition. Has this anything to do with religion and life? Indeed it has! The Greek philosophers, beginning with Socrates, based their system on the assumption that every man was seeking the "supreme good" for himself; hence virtue was a matter of knowledge. No one, they argued, would ever choose to do what he knew did not further his best interests. So the Greek schools of philos-

ophy strove, by minute and hairsplitting definitions, to teach mankind to recognize and understand the primal, abstract principle called virtue.

Some modern teachers have had much the same idea. Immorality, they told us a few years ago, is caused by a lack of factual knowledge. So they printed and distributed among young people a vast quantity of books and tracts calculated to show them the advantages of a moral life and the dangers of unbridled vice. No doubt this literature had some good effect upon our young people, and yet it did not prevent the juvenile delinquency that is a problem today.

Knowledge of what is right and wrong is not enough. Most of us have to admit that we know when we are doing wrong. The alcoholic knows it and is tormented by the knowledge. Knowledge of the benefits to be gained from early rising is not enough to get me out of bed at six o'clock on a zero morning. Knowledge of what food I should not eat so that I will not put on extra pounds is not enough to keep me from eating it. Knowledge of the technique of story writing has not yet put me on the list of famous authors. Even the will to rise early, to reduce, or to write a best seller, though it will carry me far, cannot be depended upon to boost me all the way.

I remember the days when I first began to

practice Truth. My efforts seemed so useless, so hopeless. I would sit on the veranda and read the DAILY WORD lesson aloud; then my mind would slip back into the helpless, disorganized, fearful state that I seemed unable to overcome after the nervous breakdown I had experienced.

I wondered whether the time would ever come when I should feel normal for one whole day. But I kept on reading and repeating good words every day, laboriously and painfully exchanging each discouraged thought for a bright one, deliberately searching for something happy to think about, even putting pictures of happy persons up on the wall to look at. Gradually this remade me into a new person. I know from experience now that the practice of Truth principles can remake a life.

Jesus said, "Ye must be born anew." This is the only way to lift life onto a higher spiritual plane. A newborn infant begins to practice living as soon as it enters this world. The newborn soul must begin to practice living immediately too. He must do it by using a new system of thought and action, by training his impulses, thoughts, and emotions, by conforming his personality to the laws of the heavenly realm that he has entered. He must accustom his lips to speak good words, his mind to concentrate on what is pure

and kind. He must learn to keep his emotions peaceful and under control.

Desire for good and the determination to do it are vital to progress, but without constant exercise a person's desire and determination will not guarantee success any more than his desire and determination to become a skilled typist will lead him to proficiency if he never gets down to filling pages with typed words and sentences.

We expect to have to work and practice when we are learning music or some other art or skill. How is it then that we expect right conduct, love, brotherhood, decency, poise and even good temper to come to fruition without the same diligent, systematic effort? We say, "I cannot play that piece of music yet, but I'll keep at it till I can." But we say, "I cannot forgive," as though it were final and irrevocable. "I have a temper," we say. "I have a jealous disposition." "I sometimes say words I shouldn't." Well, practice love. Daily and hourly, in the thoughts you think and the words you speak, practice being loving. Nothing in all the world can keep you from your goal of perfection.

The secret of skill in spiritual matters as in any other is practice, repetition. The practice of Truth principles will do unbelievable things. It will remake a life!

Let God Set the Pitch

ESTHER FRESHMAN

I REMEMBER how fascinated I was in the early grades of school with the pitch pipe that our singing teacher used to set the pitch for our young voices. Sometimes she would let us start a song without the help of the pitch pipe, and the tones that came forth would be a mixture of highs and lows, of sharps and flats. Then she would stop for a moment and blow on the little instrument. It always knew exactly the right sound we needed, and with its help our song would go nicely.

The pitch has to be set for the song of life too; and God gives the right pitch for the whole wonderful song. All we have to do is listen and get in tune, and all is right.

I have been trying an experiment, and it has proved to be a joyous one. My first waking thought in the morning is of God. The minute I open my eyes, instead of feeling angry at the alarm clock, or wishing that I could sleep a few more minutes, or letting the problems of the day crowd in on me, I turn and look through the window, out at the morning, and say: "Thank You, God, for this day. Fill it with Your beauty." And my days have been filled with beautiful and unexpected

happenings. Their pace is quickened, their tone is one of courage and faith, their hours are filled with a sense of purposeful accomplishment. I am forming the habit of listening to God for the pitch for the day. I am letting Him set the pitch, and I am learning to follow it with a thankful heart.

Sometimes human life gets out of tune, dissonances and inharmonies creep in, and the tones that should be pure and true are flat. But God's pitch is always right, it is perfect; and we may turn to it for direction and guidance.

I work with a doctor. The other day a young woman came into our office. She had been to many other doctors seeking help, and her attitude as she came in was one of discouragement, complete defeat. Even worse, she seemed disintegrated from within. It was as if little fragments of her being were scattering themselves in different directions. She had not been able to sleep, her food was not agreeing with her, she was tearful, nervous, desperate. "I cannot face any more days," she cried out to me in anguish; "not even one more day, not even tomorrow!"

Here was a life out of tune and ears apparently closed to the perfect tones that could be followed. With no guidance her song of life was chaotic, the rhythm and timing were frenzied.

She was so upset that it was almost impossible for her to remain in the chair opposite me. She tossed and threw herself from side to side as she spoke in quick, jerky tones fraught with despair. Her eyes were large and staring, rimmed with tears. She kept looking frantically toward the open window behind me, a window that was high in the building, high above the gleaming sidewalk below.

The doctor was busy and would be delayed for some time in seeing this unhappy woman. Her need was for quiet, for understanding, for peace. I let her talk, the choppy sentences coming out in a frenzy, the story finally repeating itself over and over. "I can't be alone," she kept crying out. "I'm afraid to be alone."

As she talked I had been praying silently, infolding her in love, making my quiet comments, keeping my thoughts steady, kindly, and understanding. Finally I led her into the doctor's study, where there was a large comfortable chair for her to rest in.

Her husband, she told me, had deserted her, and having placed all her confidence in him, she now felt very much alone. She had been seeking the help of various physicians and psychiatrists, pinning her entire faith on them, refusing any inner promptings that might have led to confi-

dence in herself, to faith in God's power.

We talked for a little while about the great anchor inside of each individual, of that inner steadiness which somehow withstands the assault of all storms. We talked of faith in oneself, of trust in God. I left her for a few moments and brought her a copy of DAILY WORD and some prayer cards that I always keep in my office drawer. I told her to look through the little prayers, so simply and lovingly written, and to take what seemed meant for her. I left her reading. Ten minutes later she was still reading, with intense interest. The room (and it was an extremely warm day) looked cool and quiet and full of a great healing calm. A little later I went by the door and saw that she was sound asleep, the frenzied lines of her face smoothed out.

This young woman who thought that her mind was failing her found that her physical disturbances could be helped, that her mind was a fine mind, God-given, God-protected, that life could be met joyously, harmoniously. She discovered how to set the right pitch for her song of life.

I need not tell you that this patient went home feeling very grateful. My own song of life at that moment was brimming over. God had set the pitch, and His song of love and peace had brought a life back into harmonious purpose.

A day begun with God is a wonderful day, for God sets the pitch, and the song is sung truly as it is meant to be sung. Then the day becomes a hymn of praise and beauty and purposeful action.

At times we need to check the pitch of life. God is there to give the true, round, loving tones, the right answers. Man by himself does not do the song justice. Man with God sings a hymn of life that is powerful in its glory, a song of such tremendous beauty that all who hear it receive a blessing.

"My voice shalt thou hear in the morning, O LORD; in the morning will I direct *my prayer* unto thee, and will look up."

Wait before Writing

During the latter part of the Christmas season handling, transportation, and delivery of mail may be slowed, so please allow plenty of time for your Unity orders and the Unity periodicals you regularly receive to reach you. While the Christmas mail congestion lasts into January, practically no mail is lost as a result, but delays do occur. Will you assist us by waiting patiently for your literature to arrive? Thank you.

JANUARY 1

Thursday

THE ENERGY, POWER, AND LOVE OF GOD
FLOW THROUGH MY BEING, AND I AM
RENEWED EVERY MOMENT OF THE DAY.

NEW YEAR'S Day comes but once a year by the calendar. But every moment brings the dawn of a new year to me. I welcome the unfolding opportunities that life presents. The creating, energizing power of God comes to me continually. I reach a little higher, expand a little fuller, grow a little more every moment.

Each moment I am born again. Each moment I begin anew. New revelations come to me from God. I receive a new understanding of Truth. My thoughts are new thoughts. I feel new surgings of power and purpose in my soul.

I rejoice that old thoughts and deeds are gone forever. I am free of their binding chains. This moment all things are made new. I am filled with hope and courage, because I live in the eternal land of beginning again. I cannot be depressed or discouraged about the past or fearful about the future, because infinite Spirit gives me infinite resources for life this moment. I am filled with joy in the knowledge that every moment is new.

☛ *He is a new creature.*—II COR. 5:17.

Friday

JANUARY 2

TODAY I BLESS MY EVERY SPOKEN WORD AS IT GOES FORTH TO HEAL AND HARMONIZE.

TODAY I consider the great power of the spoken word. In prayer I ask that every word I speak be charged with God's love, with His power to teach, to guide, to heal, to harmonize. I ask God to help me speak exactly the right word to every person to help him in his own particular need. I ask God also to be a guard at my lips, to let no word pass that is intolerant, thoughtless, unloving, or unworthy of Him.

I give thanks for the power of the spoken word, and I use it to solve the problems I must meet. In His name I speak words of life and health to every cell, every organ, every bone, every muscle of my body. I affirm abundant prosperity to meet every need that arises. I speak peace and harmony into every relationship of my life.

Today I use the power of the spoken word. I send forth a blessing to the world, which returns to bless my own life.

✿ *I have received commandment to bless.—NUM. 23:20.*

JANUARY 3

Saturday

NOTHING CAN BIND OR LIMIT ME, FOR I AM
FREE WITH THE FREEDOM OF SPIRIT.

FOR FREEDOM did Christ set us free." Remember that you were born with a free spirit, a spirit that is mightier than any binding or limiting circumstance in the world. Have you felt that you were restricted in your expression, bound by your environment, limited by other persons? Then hold fast to the freedom of your divine birthright, and acknowledge that you are no longer subject to limitations of any kind.

Keep your mind stayed on the truth that you are free Spirit. If you encounter an obstacle that seems to block your freedom of expression meet it as a challenge and silently affirm your Christ mastery and power. Steadfastly realize your spiritual freedom, and soon you will become conscious of a feeling of lightness and ease. Liberation from all bondage is assured to the person who recognizes his inviolable Christ freedom and new vistas and opportunities open before him.

♣ *For freedom did Christ set us free: stand fast therefore, and be not entangled again in a yoke of bondage.*
—GAL. 5:1.

Sunday

JANUARY 4

MY MIND IS AT PEACE, FOR I HAVE FAITH IN GOD TO INSPIRE ME, TO GUIDE ME, AND TO CARE FOR ME EVERY MOMENT OF EVERY DAY.

PEACE OF MIND comes to me as I base my thinking upon true and dependable principles. I know that the one dependable source of my good is God. I know that I am a part of the mind of God, that when I need to know something I can find the answer by turning to the mind of God. I have no need to worry, to be anxious, or to feel deprived. I know that God cannot fail, so I cannot fail. I know that as I cultivate faith in the unfailing mind of God to enlighten me, to guide me, to comfort me, to inspire me I am doing the thing that will free me from anxiety and tension and bring me peace of mind.

Even though I have knowledge of the underlying principles of Truth I need to keep reminding myself of them in order to develop a consciousness that will sustain me in emotional stability and peace of mind. I keep my mind stayed on Truth by frequently meditating on affirmations of Truth.

☛ *Thou wilt keep him in perfect peace, whose mind is stayed on thee.—ISA. 26:3.*

JANUARY 5

Monday

GOD IS THE ONLY PRESENCE IN MY MIND,
SOUL, AND BODY.

I AM COMPLETELY immersed in the infinite sea of God's healing and renewing life, and I feel waves of vitalizing energy permeating and penetrating my entire being. I feel the radiant light of life flowing out from the center of my being, flooding my consciousness and vitalizing my body. I feel this life coursing throughout my body temple, and I know that it is purifying, cleansing, renewing, and spiritualizing my body. I behold my body filled with this radiant light of life. I behold my being, mind, soul, and body, as one with God's infinite life. The healing currents of God's life merge gloriously in my being.

Momentarily my body is growing into the likeness of the Christ pattern that is within me. This Christ pattern of radiant life and transcendent youth is a divine and powerful magnet that is even now drawing all the cells of my mind, soul, and body unto itself. I release all thoughts of age, decline, and death, that this Christ in me may shine forth through me and become my flesh.

☛ *He is thy life, and the length of thy days.*—DEUT. 30:20.

Tuesday

JANUARY 6

I KEEP MY MIND AND HEART ATTUNED TO GOD'S LOVE AND UNDERSTANDING, AND JUSTICE PREVAILS IN MY LIFE.

SOMETIMES what seems to be injustice to us, is but our interpretation of a situation. When we want a situation to work out in a particular way and it does not, it seems as though an injustice has been done us. But this is when we are thinking of it in the light of our own desires and interpretations only.

We need to lift our thought to where we can see the needs and motives of the other persons involved in the situation. We need to ask ourselves if we have been prejudiced or too personal. This helps us to take an over-all view. No matter what others do or say they cannot really deprive us of our own good. God's justice works through the lives of His children to equalize and make things right.

We can lift ourselves up in thought to where we can view all things with the love and understanding of God. We can keep ourselves attuned to Him through the regular and conscientious practice of prayer.

✿ *Let not kindness and truth forsake thee.*—PROV. 3:3.

JANUARY 7

Wednesday

I REJOICE THAT NOW IS THE TIME FOR MY PERFECT HEALING, AND I CLAIM PERFECTION IN MIND, BODY, AND AFFAIRS TODAY.

AS SURELY as the dawn came this morning, as surely as it will come every morning, so surely will life, and peace, and plenty come into your life as you open your mind and heart and soul to God.

Pray today with renewed faith, faith that it is God's will for you to be perfect in every way. Have faith that now is the time for perfection. Rejoice in your perfection as God's child, and claim this truth about yourself with every conscious thought today. Act as if your good were already established, for your faith is the substance of the very thing you pray for.

God's unlimited life is mighty to heal right now. God's infinite peace is mighty to bless you now. God's all-infolding love is mighty to harmonize all your affairs now. Speak the word of Truth today with confidence that it is being established. In God's sight you are perfect, and all is well.

☛ *Thy healing shall spring forth speedily; and thy righteousness shall go before thee.—ISA. 58:8.*

Thursday

JANUARY 8

I CHOOSE TO WALK IN THE WAY OF TRUTH.

GOD HAS given me freedom to choose my thoughts and so determine the kind of life I shall live. I am made in the spiritual image of God and given a mind to use as I will. I may direct and control it under the guidance of the Christ Spirit, or I may allow negative ideas to reign.

The course of my life depends on my choice. Whether I have health or happiness or prosperity depends on whether I choose to think and love according to the principles that bring them into manifestation. I want these things. I believe that they are prepared for me. Therefore I choose them.

I choose to be well and vibrant with health. I choose to be happy and filled with joy. I choose to be prospered and blessed. I choose my highest good at all times.

I choose to believe in the power of faith, integrity, appreciation, and love. I choose to accept God's infinite good and to reject and deny any other power. I choose abundant life.

✿ *But one thing is needful: for Mary hath chosen the good part.*—LUKE 10:42.

JANUARY 9

Friday

I HAVE FAITH IN THE SPIRIT OF TRUTH WITH-
IN ME TO GUIDE ME IN THE WAY THAT I
SHOULD GO.

THERE IS present in each one of us the Spirit of truth that reveals to us what our real needs are and how to go about fulfilling these needs.

Not many of us know what our real needs are or understand ourselves well enough to give our thought and activities efficient direction and satisfying purpose. We feel unsatisfied, but we do not know what we want.

What we are really seeking is soul satisfaction, and this comes to each person in different ways. Each one must learn to understand his own nature and his own needs. When he understands himself he does the thing that is congenial to his own nature and that brings him growth and satisfaction.

When we understand ourselves we are not swayed by other persons and we are not afraid to make decisions and act upon them. We depend upon the Spirit of truth within our own mind and heart to guide us in the way we should go.

✿ *In all thy ways acknowledge him.*—PROV. 3:6.

Saturday

JANUARY 10

I BEHOLD THE CHRIST SPIRIT IN EVERYONE I CONTACT, AND MY BLESSING IS FREELY GIVEN TO ALL.

THIS DAY I will look upon everyone I contact with the eyes of love. I will no longer be critical or intolerant of the apparent faults and shortcomings of others, for I know that the Spirit of Christ dwells in everyone and is seeking expression in each life. I shall make sure that my attitude toward others and their problems is loving and understanding, for I realize that each person is seeking happiness and satisfaction, as I am.

I release all thoughts of anxiety and personal concern about my dear ones, and I trust the Christ Spirit in them to guide them and to lead them into their highest good. I bless them by beholding only their innate perfection and by freeing them in my mind to follow their inner guidance, for I know that they have access to the same wise counsel and infinite love that strengthen and bless me.

I make myself a perfect channel for the expression of the Christ love and blessing.

✿ *I will bless thee . . . and be thou a blessing.*—GEN. 12:2.

GOD TAKES CARE OF ME MOMENT BY MOMENT AND SUPPLIES MY EVERY NEED.

JUST AS SURELY as there is enough air to fill your lungs each moment of each day so is there enough of God's goodness to fill your entire life to overflowing. His life and health and strength now fill your body, sustaining and renewing it. His intelligence and power and ability now fill your mind, illumining and inspiring it. To all the problems, conditions, situations in your life there is a perfect solution. If you believe this your difficulties will be transformed into stepping-stones of achievement.

Before you are aware of them yourself God knows the needs of your life. If you place your trust in Him He will guide you to that which you need to make each moment happy and complete. The right persons will come into your life when you most need them, and a feeling of security and the wisdom to perform your tasks wisely and efficiently will be constantly available to you.

You need never worry about the loss of the good you possess, for your consciousness of God's presence is your security.

♣ *He will feed his flock like a shepherd.*—ISA. 40:11.



Awake!

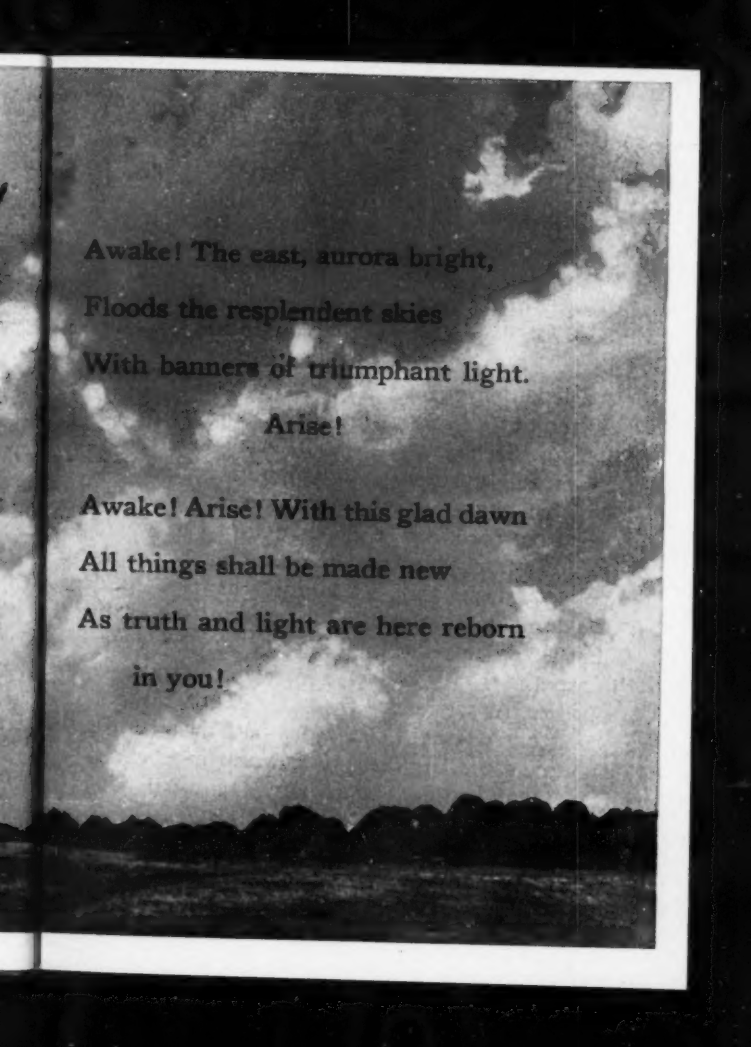
ROWENA CHENEY

Beyond the clouds of doubt and fear

The dawn of faith shall break.

Behold the morning radiant, clear.

Awake!



Awake! The east, aurora bright,
Floods the resplendent skies
With banners of triumphant light.

Arise!

Awake! Arise! With this glad dawn
All things shall be made new
As truth and light are here reborn
in you!

Monday

JANUARY 12

THIS DAY I ACKNOWLEDGE MY NEWNESS IN CHRIST. I RELEASE THE PAST AND GO FORWARD IN NEW HOPE AND PEACE AND COURAGE.

SOMETIMES WE allow our life to get in a rut. We go along day by day in the same routine, discontented sometimes, it is true, but too lethargic or discouraged to recognize the opportunities all around us that can lift us out of the rut. Each day, each hour, each minute holds the possibility of a new beginning for us if we will but open our eyes and mind and heart and reach out for a newer, better way of life.

Truth teaches us that we do not have to accept sickness, lack, and unhappiness as our lot. In the light of our new understanding we realize that we are not bound by the past but that we can make a new start and change the circumstances of our life. As we release the old ideas of limitation about ourselves old conditions pass away, and as we accept the truth of our newness in Christ we are renewed in hope and courage, and our life is illumined and blessed.

• *Wherefore if any man is in Christ, he is a new creature: the old things are passed away.*—II COR. 5:17.

JANUARY 13

Tuesday

TODAY I WALK SERENE AND CONFIDENT,
KNOWING THAT I HAVE NOTHING TO FEAR
FROM ANY MAN.

I N RECOGNIZING that I am a son of God I recognize that every other man, woman, and child is likewise a son and my brother. I treat every person I meet with consideration and with love. In his first letter, John wrote, "For this is the message that ye heard from the beginning, that we should love one another." I would remember and act on this principle even when it seems that my good is being returned with evil. I need not judge, indeed I must not judge. I need not fear, for every seeming injustice will be righted. I walk serene and fearless.

Today I pray for all the peoples of the world, for the hungry children, and the hungry men and women too of Europe, of the East, and of our own Western Hemisphere, for the souls who have not yet claimed their sonship and are living in bondage, both physical and spiritual.

As I walk through this day I feel a close bond with God and with men, and I pray that every man may recognize and claim his own sonship.

• *And who is he that will harm you?*—I PET. 3:13.

Wednesday

JANUARY 14

YESTERDAY IS GONE FOREVER, TOMORROW IS NOT BORN. TODAY I AM GLORIOUSLY ALIVE IN GOD.

TODAY I AM alive in God. I waste no time in regretting past mistakes. I realize that yesterday is gone forever with all that it contained. I shall not let the memory of its errors cast a shadow over today. Today the sun is shining.

I turn my face to the sun, and I am filled with gratitude for this new day. God has wiped the slate clean and placed the pencil in my hand. He whispers into my heart: "Do something with today. I am here to guide your hand."

I am filled with exultation. He tells me that the past need not weigh upon me nor the future worry me. He tells me that I am His child now and that all He has is mine.

I do my sums upon the clean slate under His loving, guiding hand, and the answers are right. I move in harmony with His law and His love.

Yesterday is gone forever, tomorrow is not born. Today I am gloriously alive in God.

✿ *I am with you always, even unto the end of the world.*—MATT. 28:20.

JANUARY 15

Thursday

I AM NOT ANXIOUS OR IMPATIENT, FOR I KNOW THAT ALL THINGS ARE WORKING TOGETHER FOR MY GOOD.

THERE ARE times when appearances seem negative, when it is difficult to realize that God's law of good is at work in the world and in your affairs. These are the times when you need to overcome impatience, exercise full faith, and trust in God's infinite love and wisdom.

You know that God is good and that good is all-powerful. When you place yourself and every detail of your life in His keeping you need not be anxious about the outcome of any of your affairs. When things seem to be going wrong you need not become tense and strive through personal effort to change conditions. Your part is to behold the good steadfastly and have faith in its outworking in your life. By doing this you are working with God's law in the most effective way possible.

Acknowledge God as the governing power in your life. Keep your vision high and your thoughts constructive, and you will be blessed with your rightful heritage of peace, joy, and happiness.

☛ *All things work together for good.*—ROM. 8:28.

Friday

JANUARY 16

I REALIZE THAT DIVINE POWER AND LOVE ARE EVER WITH ME, MAKING ME IN ALL THINGS MORE THAN CONQUEROR.

WHEN WE ARE faced with the necessity of making an important decision, when a problem that seems beyond our power to solve arises, when tragedy confronts us, we yearn for the conviction of the prophets of old. Yet the means of solving all our difficulties are not beyond the reach of any of us.

God is ever with us, offering us His infallible wisdom and strength. We see the evidence of His power in the universe around us. We behold Him in the lives of others. We see Him most clearly in Jesus Christ.

The assurance of the Psalmist that God is "a very present help in trouble" is eternally true for all of us. By believing this and affirming it constantly we come to realize that God is present and is indeed our help in every need.

Then we can leave our problems and our decisions with Him, knowing that He will lead us aright.

☛ *Thy God is with thee whithersoever thou goest.*
—JOSH. 1:9.

THE ENERGIZING LIFE OF GOD FLOWS THROUGH ME, AND I AM RENEWED EVERY MOMENT OF THE DAY.

THE ENERGIZING life of God flows through the universe continuously. It is a great reservoir of strength, waiting to be tapped. When I open my mind and being to God I feel this mighty power flooding my life. I am renewed and replenished.

I am filled with gratitude to my loving Father for His provision of all my needs. I know His changeless love. I know that He is the same yesterday, today, and forever.

When I turn to Him in faith I am warmed by His constant love, and all the past is instantly wiped away. I may wander astray, but when I turn back to Him He is ever there offering His bounty for my claiming.

God's limitless supply is ever available. Wherever I am, whatever I do, I know that the instant I claim God's power it is mine, lighting my being as electricity lights a bulb.

I am renewed in body and mind and spirit by the Father's love that flows through me.

• *Our inward man is renewed.*—II COR. 4:16.

THROUGH MY UNDERSTANDING OF TRUTH I
HAVE PEACE AND HARMONY IN MY HUMAN
RELATIONS.

THE FEELING of disappointment and disillusionment that we experience sometimes in regard to our relations with other persons is the result of our expecting them to behave according to the pattern we have laid out for them, in our own mind. They often do not know what we expect of them, and if they do know they still find it impossible to follow our pattern.

We are all individuals with tastes and desires and interests of our own. We should not expect another person to conform to our idea of what he should be. Instead of resenting it when he does not react as we think he should we need to realize that he has a right to think and act as seems best to him. Even if his actions do not please us we should not allow ourselves to feel hurt, to criticize, or to condemn. We should free him in our mind and heart to be himself.

As we accept every person as a beloved child of God, growing and developing in his own way, we find peace and happiness in all our relations.

♣ *Be at peace one with another.*—MARK 9:50.

JANUARY 19

Monday

TODAY I BLESS MY HANDS BY SEEING THEM
AS THE HANDS OF GOD.

TODAY I bless my hands and so use them that they may become in truth the hands of God. Whatever the work of my hands, I do it with love and to the glory of God. My hands are blessed with strength, with gentleness, with creative power, with life and health.

I see in each work given me to do the loving hands of a loving Father. I see that He works, and I work also. I bless my hands and the work that they do.

Today I bless the hands of the world: mothers' hands, tender, tireless; nurses' hands, healing, comforting; musicians' hands, sensitive, skillful; laborers' hands, toiling, industrious; farmers' hands, strong, capable. I bless the hands on the throttle, the steering wheel, the pilot's stick; the hands that write, deliver, save, share, give, and receive. I bless the hands lifted to lead; the hands laid on, in His name, to heal. I bless the praying hands. I see all these hands as the hands of God, doing His work, blessing all mankind.

✿ *Establish thou the work of our hands.*—PSALMS 90:17.

Tuesday

JANUARY 20

THE CHRIST MIND GUIDES ME. WISDOM LIGHTS MY WAY.—UNITY ILLUMINATION THOUGHT.

LET NOT YOUR heart be troubled, for today you shall see the way made plain for you. This is the day the Lord has made, the day of new beginnings, the day in which the imperfect is made perfect.

In Truth we should rejoice always, for every day, every hour, every moment is a time for beginning anew. It matters not if we have fallen short of our goal, or if we have dissipated our talents; today, if we will but realize it and accept it wholeheartedly, is our golden day, our golden moment. Right now our opportunity is at hand to turn away from the thought of failure and rejoice in the thousand and one ways in which God is blessing us.

In Christ there is no darkness but pure light, the light of divine love and wisdom that puts darkness to rout and illumines all in its true beauty. The shadows disappear for us, and we behold Christ lighting our way.

☛ *Fear them not therefore: for there is nothing covered, that shall not be revealed; and hid, that shall not be known.*—MATT. 10:26.

JANUARY 21

Wednesday

GOD REVEALS TO ME THE WEALTH THAT IS MINE AS HIS SON.—UNITY PROSPERITY THOUGHT.

THERE IS perhaps not one of us who has not at some time or another yearned to be the possessor of great riches so that we might be able to satisfy our every human wish and lighten the load of those who are oppressed by want and lack.

Yet if we possessed Aladdin's magic lamp and in response to our bidding the genie would deliver to us all the treasures of the earth we still should have but a trifling part of the wealth that is ours because we are sons of God.

The untold treasures of our Father cannot be measured in gold or precious stones, nor can they be bought for a price. They are His free gift to us. We lay hold of them through having faith that they exist even though we cannot see them because they are as yet not manifest.

God reveals our divine wealth to us in the form of ideas that, when acted upon by our faith, bring us not only divine peace and satisfaction but abundance of every material thing.

✿ *I have called him; I have brought him, and he shall make his way prosperous.*—ISA. 48:15.

Thursday

JANUARY 22

I AM BORN ANEW IN CHRIST. HIS SPIRIT IS HERE WITH ITS HEALING POWER.—UNITY HEALING THOUGHT.

LET THIS NEW year be for you a time of new realization of your perfection in Spirit. God is your Father, and you are His child, full of grace and truth. He has given you the power to call forth into manifestation the perfection that is your birthright.

Has your body been weak and sickly? Have you been harassed by nerves, headaches, pains, tensions, bodily infirmity? Rise up now. Put them all away from you. Say boldly: "I will be made well. I am done with sickness of any kind. Father, I thank Thee that Christ Thy Son is healing me. Thy will for me is perfect health. In His name I now accept it. My faith is unlimited. I am born anew in Christ, spirit, soul, and body. His Spirit is here with its healing power, renewing, restoring, and revitalizing me. I thank Thee, Father that I am healed."

☛ *Awake, thou that sleepest, and arise from the dead, and Christ shall shine upon thee.—EPH. 5:14.*

☛ *Arise, shine, for thy light is come.—ISA. 60:1.*

☛ *Jesus Christ healeth thee.—ACTS 9:34.*

JANUARY 23

Friday

TODAY I BLESS MY EVERY ACTION THAT I MAY FURTHER THE MANIFESTATION OF THE KINGDOM OF GOD ON EARTH.

THOUGH OUR day starts in meditation and prayer, most of it is spent in action of one kind or another—housekeeping, farming, teaching. Today let us make it our special prayer that our every action be as God would have it. Let us pray that we may be led to do our work, whatever it is, so that it may be a blessing to everyone whose life it touches. Let us pray that a blessing may go out to our family, co-workers, employer or employees, and friends in an ever-widening circle until something of its power touches and lifts the whole world.

As we work let us give thanks for our job and for our increasing ability to do it perfectly. Let us bless our recreation too, knowing that a time of relaxation, a change from regular work is in accord with God's plan for our life.

As we put our hand and heart into our work and play we may know that through us some part of the Spirit of Christ is made manifest.

☛ *I must be about my Father's business.*—LUKE 2:49 (A. V.).

Saturday

JANUARY 24

I AM FILLED WITH THE JOY OF LIVING, BECAUSE TODAY IS A NEW DAY, AND I REALIZE THAT I AM A RADIATING CENTER OF HAPPINESS.

IF I AM unhappy or frustrated in what I am doing, if I feel tired and worn out when morning comes, it is time for me to change myself, to take a new lease on life, to make a new beginning.

Instead of rehearsing the negative things in my mind that belong to yesterday the first thing I will remember on awakening is that God loves me, that He has placed His Spirit in me. I am important to God. I am His child, ready and willing to do all that is required of me today.

I will begin this moment to be a radiating center of happiness. I will keep before me today the idea that I am alive, alert, vital, and strong. The disappointments and unhappiness I may have felt yesterday are gone. Today is a new beginning. Each task before me presents me with countless opportunities to develop my talents and capabilities so that I may enjoy a full measure of good.

✿ *Be ye transformed by the renewing of your mind.*
—ROM. 12:2.

JANUARY 25

Sunday

I POUR FORTH LOVE, AND LOVE COMES POUR-
ING BACK TO ME.

FROM BABYHOOD on through life we yearn to be loved. Love is the great objective of our heart. We may devote our energies to seeking money or power, but deep down within us we never escape the desire to be loved.

The way to receive love is to love. "God so loved the world, that he gave his . . . Son." Jesus loved men so much that He gave Himself completely to them. Greatness is born of love.

Love other persons and they will love you. Love God, and the love of God will bless your life.

Practice love, the true love of the heart, and love will fill your being. Speak words of love and they will create love.

Seek to love rather than to be loved, and all the beauty and sweetness of love will grow within you and lighten your life.

As you pour forth love it will come pouring back to you from your family, your friends, your neighbors, your associates.

✿ *Now abideth faith, hope, love, these three: and the greatest of these is love.—I COR. 13:13.*

Monday

JANUARY 26

I CANNOT FAIL, FOR CHRIST IN THE MIDST OF ME IS MY ABILITY TO SUCCEED.

I REJOICE WITH great rejoicing this day, for I know that absolute victory over all seeming limitations is assured me. I cannot fail, for Christ is my power to do and to be all things. I am not discouraged, for I know that He is guiding me every step of my way. Instead of condemning myself for mistakes I may have made I place my attention on the good I would express. Instead of allowing myself to become irritated because of my seeming difficulties I use my God-given energy to be kind and thoughtful to others. If I fall I do not shed tears of remorse, but I rejoice that I have the strength to rise. I bless even my seeming weaknesses because of the insight they give me into the needs of others. I keep my vision ever fixed on the changeless presence of Christ in the midst of me.

I am filled with joy, because I know that the transforming Christ is eternally within me. I am grateful for the assurance that through the power of Christ I cannot fail. Through Christ in the midst of me I am victorious.

☛ *Fear not; for I am with thee.*—ISA. 43:5.

JANUARY 27

Tuesday

I ACCEPT EVERY CHANCE THAT COMES TO ME AS AN OPPORTUNITY FOR SPIRITUAL GROWTH AND DEVELOPMENT.

CHANGE IS good. Change broadens our experience and gives us fresh viewpoints and new wisdom. Change stirs us to thought and effort. We do not always like this or react happily to it, for it is so much more comfortable to follow day after day the familiar ways where no unusual demands are made upon us. But this is not the way of growth.

Instead of fearing and avoiding change we should welcome it as an opportunity to use our spiritual resources and expand our world.

No matter how challenging a change may seem to be, each one has within himself every power he needs to make the change in a profitable and satisfactory way. It is our attitude that determines whether a change is a joyous and fulfilling experience or an unpleasant ordeal. By accepting every change as an opportunity for soul growth and development we take the attitude that will make change a joyous and fulfilling experience.

☛ *All things work together for good, even to them that are called according to his purpose.—ROM. 8:28.*

Wednesday

JANUARY 28

I OPEN EVERY FACULTY OF MY BEING TO THE
INFLUENCE OF SPIRIT.

IF I EARNESTLY desire God to do something for me, I must first make it possible for Him to do it. God's healing, helping Spirit flows through me only when the channel is clear. When all obstructions are out of the way the healing Spirit moves easily and freely through my being.

I clear the way for God's action by maintaining a constant attitude of prayer and by being receptive. I pray with all my being, and as I pray I believe that God is answering my prayer. As He reveals the obstacles I clear them out, one by one.

I get rid of all resentments, all fears. I forgive myself and others. Though a problem seems impossible of solution, though a disease may have been called incurable, I refuse to believe in appearances. I believe only in God. His will for me is freedom, His will for me is health. I clear the way for His healing help by opening every faculty of my being to the influence of Spirit.

☛ *Him that is able to do exceeding abundantly above all that we ask or think, according to the power that worketh in us.—EPH. 3:20.*

JANUARY 29

Thursday

I HAVE PERFECT FAITH IN THE HEALING PRESENCE OF GOD AT WORK IN EVERY PART OF MY BEING.

MY THOUGHTS are now filled with the healing love of God. I forgive and forget every wrong and hurt. I think lovingly and kindly about all persons, things, and conditions, for I know that God is the only reality in all. I keep myself centered and poised in this loving consciousness, for only when I am loving in thought, word, and deed can I experience God's healing power.

I have faith in the healing presence of God in the midst of me. I know that God life is my life. If there is anything in my mind, soul, or body that should not be there I believe that the life of God is now dissolving it. I believe that God in His infinite wisdom is restoring, rebuilding, perfecting me within and without.

If I am indulging in negative thinking of which I am not aware I trust the healing presence of God to reveal this to me so that I may remove it from my consciousness. I have faith in His healing power to lift me into a new consciousness of life.

✿ *Christ . . . is . . . the saviour of the body.*—EPH. 5:23.

I RELAX IN THE PRESENCE OF GOD, AND I
FIND RELEASE FROM TENSION.

MORE PHYSICIANS prescribe rest and relaxation to their patients than any other remedy. Jesus, the Great Physician, prescribed relaxation of the whole being by teaching the persons who came to Him to trust in God.

If you go to bed and lie tense and taut with a thousand and one thoughts racing through your mind, sleep will not come. Release comes from the seeming cares and concerns of the day, whatever they may be, when you relax in God. Release comes with relaxation. True rest follows.

Are you worried about a condition in your body, mind, or affairs? Take it to God your Father, give it up to Him, relax in His presence. You will find rest and release.

Even as you relax in God, relax in your attitude toward other persons. Give up all ill will, all worry. With relaxation will come release. You will be free.

*God . . . stilleth the roaring of the seas,
The roaring of their waves,
And the tumult of the peoples.*

—PSALMS 65:7.

JANUARY 31

Saturday

I REJOICE IN THE REALIZATION THAT EVERY MOMENT USHERS IN A GLORIOUS NEW OPPORTUNITY TO BEGIN AGAIN.

THIS MOMENT before me is entirely new. I enter into it with joy. I leave behind all thoughts of regret or condemnation for past mistakes. I do not waste time mulling over the past. Yesterday's mistakes I can correct only by utilizing all my energies toward beautifying my life today. Each new moment is an opportunity to do better things than before. I cannot fail, for God leads the way. I can succeed, for God is my strength.

Even as the caterpillar develops its wings in the cocoon so can I develop a consciousness of freedom even in the midst of limiting conditions. The realization of God's presence within and all about me provides the healing wings that lift me out of limitations. I am not impatient, but moment by moment I do the best that I know how, and I trust in God to help me do even better.

Father, I thank Thee for this new moment before me.

• *Draw nigh to God, and he will draw nigh to you.*
—JAMES 4:8.

Unity Is the Watchword



Preparatory to the opening in the next few months of the new head-quarter's Temple of the Unity movement here in Kansas City, Louis E. Meyer, minister, expresses in the following message the feelings of all who are associated closely with Unity Temple:

"Unity is the watchword. Whether among nations, among organizations within nations, or among religious groups, the one call

is to unity. Unity is understanding, co-operation, harmony, peace. Unity is oneness with God.

"The building of the Unity Temple in Kansas City and the increased building activity among many Unity centers are evidence that Unity people are awakening to the importance of providing proper and adequate facilities for its teaching and serving program.

"Unity Temple will soon be completed. It represents the combined, freely expressed prayers and freely given substance of Unity people everywhere. To you who are supporting this project through your prayers and your gifts we are grateful. We praise and give thanks to God for the continued interest and help of our friends the world round in this mighty undertaking, knowing that all financial responsibilities in connection with it will be met in right order and the Temple will be fully paid for and brought to completion easily and quickly. We have confidence that the Lord is thinking and working through His people to build this Temple."

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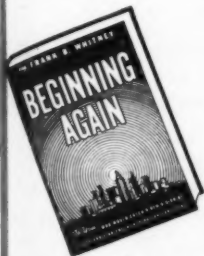
YOU ARE LOOKING FOR A NEW
LIFE—

YOU ARE WILLING TO FORGET
PAST FAILURES—

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Then You Will Want to Read

Frank B. Whitney's BEGINNING AGAIN



This book by a favorite Truth writer will inspire you to positive action in building a new life for yourself. It will start you on your way by showing you how to take hold of new ideas.

BEGINNING AGAIN contains seven lessons based on problems that are preventing many people from realizing happiness and prosperity. Among the subjects are "A New Beginning in Health," "Making a New Start in Personal Finances," and "Trying Anew to Solve the Personal Equation."

This book is priced at \$1.

UNITY SCHOOL OF CHRISTIANITY

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The Prosperity Bank plan consists of two parts: a drill in constructive thinking and a method of saving for Unity literature. For use in the drill the Bank user receives a prosperity prayer along with his Bank, and as he follows the steps of the drill Silent Unity prays with him for his prosperity and success. At the same time that he observes this phase of the Bank plan each day the Bank user deposits a coin in his Bank. Upon completion of the drill the amount accumulated in his Bank is sent to Unity to be used for DAILY WORD gift subscriptions. So that you may enjoy the advantages to be derived from faithful use of a Prosperity Bank, why don't you send for one today, using the coupon below to make your request?

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THE UNITY LENTEN PROGRAM

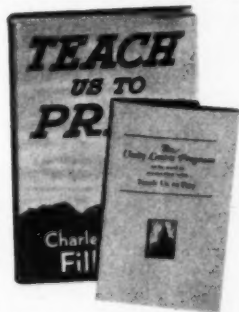
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Unity students observe Lent by seeking greater spiritual understanding and feasting upon Jesus' words about the victorious way of life. As a basis for this constructive Lenten program Unity students use

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by

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This is a standard Unity book filled with interpretation of the Master's way of prayer in terms of today's living. It has helped countless readers recognize their dominion and overcome things that they no longer wanted in their life.

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YOU ARE INVITED to observe Lent the Unity way. As you do you will be partaking of Unity's enriching group consciousness with the Father, for thousands will be united in this Lenten program. All you need do is to order a copy of TEACH US TO PRAY, either from your local Unity center or from Unity School.

TEACH US TO PRAY is priced at \$1.

UNITY SCHOOL OF CHRISTIANITY
917 TRACY, KANSAS CITY 6, MO.

He Is Mindful of His Own

VIOLET THOMAS HARTMAN

I know not what the year will bring,
But this I know, my heart will sing;
For He who gives the gift of years
Has power to still my doubts and fears.
And if the way be dark or fair
I shall not doubt God answers prayer.
Though I may walk the depths of night,
His lamp of Truth shall give me light.
To me there is no foreign land,
For with me is His guiding hand.
And God, who heeds the sparrow's fall,
Will always answer when I call.
I shall go forward, upright, free;
For He will walk the way with me.
I leave this year with God alone,
For He is mindful of His own.

